



Avon Community Swim Team



INDIANA
SWIMMING

September 2011

Welcome New and Returning Swimmers!

Welcome back new and returning swimmers. It's going to be an exciting Short Course Season. Over the next few weeks please check the ACST webpage frequently for updates regarding practice schedules, parent meetings, upcoming meets and general news. The board encourages you to contact us if you still have any unanswered questions about the season. Don't forget that payments can be placed in the Treasurer Folder located in the file cabinet at the pool or can you mail them to: ACST, 8103 E. US Hwy 36 #232, Avon, IN 46123 Remember If you have friends, siblings, classmates and neighbors interested in swimming, please encourage them to join one of the best swim teams in Indiana. See you at the pool!

AGS Wrap Up

In August ACST co-hosted The Age Group State Championships with Zionsville Swim Club. We would like to thank all of the volunteers that donated their time, especially Mike and Michelle Moore, who put in countless hours making it a success! This meet would not have been possible without the hard work and organization of Mike and Michelle. They did an outstanding job. It was a fun meet for spectators and swimmers! ACST finished 4th in the state. Way to go ACST swimmers!

We Need You

"If I have only one day to live, let me spend it at a swim meet, because they last forever!" The best way to make a swim meet go faster is to volunteer. Not to mention the fact that the deck is the best place to see all of the action in the pool! We need volunteers! ACST will be hosting a charity meet on September 24th to benefit Light and Life Food Pantry and The Fall Classic October 23-24. Please log onto the website, www.acstswim.org and sign up to volunteer!

Coaching News

Megan Buis will be the new coach of the Bronze Group. Megan started swimming with ACST in 2000 at the age of 8. She continued to swim throughout middle school and high school. In her junior year of high school she was a member of the 200 medley relay team and they broke the school record. She started teaching swimming in the developmental program her freshman year and she worked as a lifeguard for Avon Schools. Megan is very good at teaching the proper technique. In 2009 she was promoted to Developmental Director and obtained her coaching certification. She loves her job and foresees herself having a lifelong career in coaching.

When not at the pool, she is studying graphic design at Ivy Tech and plans to transfer to IUPUI in the fall of 2012. Megan would like to be an animator. Welcome Megan!



Coach Megan Buis, Bronze Group

SCRIP Program

In the past three days have you filled your gas tank? Stopped for coffee? Paid bills? Purchased gifts or gift cards? Shopped for groceries? Dined out with family or friends? Picked up a prescription?

If you answered “yes” to any or all of the above questions, you need to check out the ACST SCRIP Program. Andrea Turner is the SCRIP representative for ACST. You can find her in the stands, during practice, three nights a week. She has a variety of gift cards to choose from. Stop and let Andrea explain how the program can help reduce your swim fees.

3 Frequently Asked Questions

How do I Sign up for Meets?

Login to the acstswim.org website and scroll down until you see the button attend this event. Select this button and click on swimmer. Then declare whether they will attend or not. Please note days your swimmer cannot attend in the box, or any other comments and let the Coaches select the swimmers events

When do I Volunteer and How?

We need all families to volunteer at our home meets to keep our club costs at a minimum. Please login to the website and there will be a volunteer sign up under team events, weeks prior to our home meets. Look for one soon for the Fall Classic!

Do we have team suits?

The answer is No, We do however encourage a good dedicated race suit for meets and black seems to be the color of choice. You may purchase gear/suits at our Corporate Sponsor “Circle City Swimwear” or online at places such as swimoutlet.com



Coming Soon Classifieds”

Do you have gear that you no longer need or outgrown swimsuits taking up space in your closets? We can help! Introducing our new classified section! Please contact Beth Cooper momofekids@yahoo.com for more details.

Corporate Sponsors



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Avon
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Avon Location
8103 E. U.S. HWY 36
272-4300



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